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Sabotage! How disruptive chemicals could be keeping you tired and fat... and the revolutionary new way to fight back

—by Michele Cagan

If you've been feeling tired, fat, worn out, and sluggish lately, I have good news for you...

You can stop blaming yourself.

There's a simple fix.

In fact, by making one very small change to your daily regimen, you could feel a remarkable energy surge, and maybe even watch those few stubborn extra pounds finally begin to disappear.

The secret is to address the *right* issue.

And once you do that, you'll feel—and look—better than you have in a long time.

Constant chemical attack aims at your master gland

You may not feel like you're under attack, but the truth is that your body is constantly barraged by low levels of disruptive chemicals, many of which head straight toward a very powerful yet vulnerable gland, your thyroid.^{1,2,3}

That's even worse than it sounds, because your thyroid is your body's master gland, the one you really want running on all cylinders.

But by the time you go to bed tonight, you've probably been exposed to more thyroid-sabotaging chemicals than you realize: in your drinking

water, your new bedspread, your car, even your toothpaste.

These chemicals can wreak havoc on one of your body's most crucial systems—the one that controls your energy, your metabolism, your mood, and your weight.

And by the time you're done reading this article, you'll know exactly how to protect your thyroid, even turn things around to feel and look better than you have in years.

Because even though you can't avoid all the chemicals, you can fortify your defenses, shield your thyroid, and keep it healthy despite these disruptors with a unique, directed solution from one of America's most forward-thinking doctors, Dr. Mark Stengler.

These sneaky culprits chip away at your vitality every day

When disruptive chemicals interfere with your thyroid, it's hard to feel like yourself. And because the signs creep up slowly, it's very easy to mistake them for usual signs of aging.

Your energy slowly disappears. You feel tired more and more of the time. Your sunny disposition feels clouded

(continued on next page)

Inside

- Erase agonizing nerve pain for good, no matter what caused it.....4
- Which is worse: the problem or the prescription?5



Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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The secret to unstoppable energy and easier weight loss

(continued from page 1)

over. And no matter which diet you try, no matter how many times you visit the gym, those very stubborn pounds refuse to come off.⁴

But when you thwart that chemical sabotage, your thyroid can get back to doing its very crucial job—managing your healthy metabolism, mood, and energy—bringing some very welcome changes.

And since it's virtually impossible to avoid all the endocrine-disrupting, thyroid-sabotaging chemicals out there, your best chance of feeling like yourself again comes from arming your thyroid with self-defense tactics that can make all the difference.

Is your toothpaste making you feel fat and sluggish?

You'll fume when you see which chemicals are to blame.

They're everywhere, from your doctor's office to the grocery store—even your very own home. And because they're so common, it's easy to jump to the very wrong conclusion, that they're perfectly safe.

That's what you've been led to believe. But it's a lie.

These extremely common chemicals are *known* endocrine-disruptors, meaning they sabotage your endocrine system, which includes your thyroid, your adrenal glands, and many crucial hormones. And with so much exposure, "acceptable" levels can chip away at even the strongest, healthiest endocrine system.

These health 'hackers' include everyday chemicals like:

- Fluoride, added to drinking water, toothpaste, and mouthwash
- Triclosan, the key ingredient in so many antibacterial products
- PFCs(perfluorinated compounds), which make your clothes, carpets, and curtains stain resistant
- Phthalates, found in many personal care products like soap and shampoo, sometimes listed on the label only as "fragrance"

You can see why it's so hard to avoid the problem—it's practically impossible. In fact, it's a truly pervasive public health threat. And that's why you need to take charge, to help your thyroid work its magic.

Natural health pioneer uncovers the secret to unstoppable energy and easier weight loss

It's one of the most complicated systems in your body, and the most critical when it comes to your energy and metabolism.

So it makes sense that getting your delicate endocrine system back in balance, and keeping it there, is quite a complex process. And that makes natural health pioneer Dr. Mark Stengler's breakthrough all the more amazing, even surprising—because he's made the solution to this overwhelming chemical sabotage issue very easy for you to do.

Dr. Stengler truly understands what all of these sneaky endocrine-disrupting chemicals are doing to our thyroid glands. Combining research with his depth of experience—Dr. Stengler has seen thousands of patients—he devel-

Hospitals ban triclosan

You know things are really bad when hospitals—the very institutions antibacterial chemicals were created for—stop using chemicals like triclosan. In fact, the entire Kaiser Permanente system of hospitals got rid of all products containing triclosan back in 2010.

oped a revolutionary formula that fosters your thyroid. And when that happens, when your thyroid is nourished and supported, you may begin to see some stunning changes...

- restored energy and vitality
- sunnier mood
- sharper thinking
- amplified weight loss efforts

This formula, Thyroid Performance Plus, gives your thyroid just what it needs to thwart that chemical sabotage, and shine at its job once again.

The vital mineral you think you're getting enough of... but you're not

It's the one mineral we all think we get plenty of: iodine.

It's also the most important nutrient for thyroid health, and low levels are practically epidemic worldwide, even here in the U.S.

That's partly due to our lower salt intake, but those sneaky chemicals also play a destructive part. If your thyroid can't fully absorb the iodine you do take in—and several chemicals are known to interfere with that⁵—it can't do its job properly.

Your thyroid cannot make thyroid hormones (Triiodothyronine and Tetraiodothyronine, more commonly known as T3 and T4) without sufficient iodine, it's just not possible. You can see the iodine right in their names!

And that's where Thyroid Performance Plus starts: helping make sure you take in just the right amount of iodine to keep your thyroid in business.

But that business can't run without a partner... the next ingredient in this revolutionary formula.

The little-known nutrient your thyroid can't do without

Even with enough iodine, your thyroid can't pump out T3 and T4 without another critical nutrient, a special amino acid known as L-tyrosine.

It takes two ingredients to make

those precious thyroid hormones, so you have to get plenty of both.

But that's not the only benefit you'll get from L-tyrosine.

Research shows that people taking this amino acid feel happier and more mentally alert. It also may help the body deal with the physical impact of stress.⁶

With L-tyrosine and iodine back in the supply lines, your thyroid has the right ingredients to create its critical hormones—and this alone could help you feel like yourself again.

But Dr. Stengler didn't stop there. With his vast store of knowledge and experience, he included what may be the most important herbal discovery in thyroid science in decades.

Rare Asian herb holds thyroid "spark" and fat-burning magic

It's found only in the roots and leaves of a single Asian herb...

A magical molecule that inspires your thyroid to create and release T3 and T4,⁷ the hormones that spark your vitality and your metabolism.

The molecule is called forskolin, and it's been the subject of extensive research for 36 years. This amazing molecule comes from a small mint-like herb called *Coleus forskohlii*, a plant that grows wild in the mountains of Nepal.

And it turns out that this seemingly simple herb, with its powerful magic molecule, activates and stimulates a very important enzyme called adenylyl cyclase.⁸ Among other very powerful effects, that enzyme can increase levels of a vital cell messenger known as cAMP (cyclic adenosine monophosphate).

Plus, when it comes to your weight loss efforts, you definitely want this enzyme in your corner. Because along with its direct impact on your thyroid, the enzyme activated by forskolin may

- help jumpstart your body's fat burning process⁹
- improve your body composition by helping burn more fat¹⁰
- help you burn fat *even when you're not exercising*¹⁰

In fact, with the power of forskolin in Thyroid Performance Plus, you could even burn more fat while you're reading next month's *Members Alert*.

You need these three trace minerals... but there's a catch

So far, Thyroid Performance Plus provides the two nutrients critical to thyroid hormone creation, and the herbal spark that ramps up their production and release. But Dr. Stengler knew that your body needs even more support for optimal thyroid function.

And that support comes in the form of three trace minerals.

But there's a catch...

You need the right forms of these minerals, and you need them in very specific amounts. Because while they're all important for thyroid health, too much or too little can have the wrong impact. That's why Dr. Stengler carefully added just the right amounts of just the right forms, starting with the second most important thyroid mineral—selenium.

In fact, your body can't convert T4 hormone into T3—which is 300 times more active—without selenium. Plus, as a normal part of the thyroid hormone creation process, your thyroid cells use hydrogen peroxide, which naturally causes some oxidative stress. Enter selenium, a proven antioxidant,¹¹ that helps protect your delicate thyroid gland against oxidative damage.

The other two trace minerals—zinc and copper—both play an important role in thyroid health.¹² But getting the right balance of these minerals can be tricky. That's why Dr. Stengler took painstaking care when adding them to the formula.

And there's another way Dr. Stengler added balance to this formula, this time in the form of a powerful adaptogen shown to help your body handle the effects of stress, which can really influence your entire endocrine system.

(continued on page 6)

Erase agonizing nerve pain, no matter what caused it, and keep it from coming back

by Michele Cagan

Your fingertips feel like they're burning.

The "pins and needles" in your arms and legs never quite disappear.

And, sometimes, the pain sensations in your feet makes crossing the kitchen feel like walking over hot coals.

Your doctor may have unknowingly caused this nerve pain (neuropathy, in doctor lingo)... but he won't be able to offer you anything that can fix it.

But if you're in pain, like more than 20 million Americans, relief is just moments away.

Because there is a solution, something that can stop never-ending searing nerve pain at the source, no matter what caused it.

Your medication could have caused this...

One of the common causes of agonizing neuropathy catches most doctors by surprise: prescription drugs.

Aside from many chemotherapy drugs—which are well-known causes of neuropathy—there are a surprising number of medications that can cause this disabling condition.¹ If you're lucky, the pain will stop when you stop taking the drugs, or soon after.

But for many people, that pain never fades even after the medication is long gone from their systems. That's because the drugs have caused significant damage to your peripheral nerves (all of the nerves outside your brain and spinal cord). And there is no prescription medication that can repair or even lessen the damage.

Unfortunately, some very commonly prescribed drugs can cause nerve damage, some after years of problem-free use, some after a single dose.

- Antibiotics like Cipro, Levaquin, Floxin, Factive, and Avelox^{2,3}

- Statins like Zocor and Lipitor^{4,5,6,7}
- Drugs like Humira, Remicade, and Enbrel, used to treat autoimmune disorders like rheumatoid arthritis⁸
- Gout medications like Colcrys and Zyloprim
- Many chemotherapy drugs, including Cisplatin, Vincristine, Interferon, methotrexate, and Suramin

Unfortunately, there's no way to predict if or when these medications will cause nerve damage in you. And if they already have, discontinuing the drug may not stop the pain. Worse, there are no drugs—none at all—that can fix this.

Luckily, there is a wholly natural formula specifically designed to help repair your nerves... no matter what's caused the damage.

Whatever the cause, the pain is the same

Though more doctors and scientists than ever (and even the FDA) are finally acknowledging the nerve-damaging effects of medications, there are other ways neuropathy can develop.

Uncontrolled diabetes, for example,

frequently causes nerve damage and nerve pain—it's one of the leading culprits. Other causes include:

- trauma
- infections (including Lyme disease and shingles)
- surgery
- poor blood flow (especially to the legs)
- toxins (like heavy metals or chemicals)
- autoimmune disorders
- tumors
- vitamin deficiencies (especially B vitamins)
- pressure on a nerve (from a condition like carpal tunnel syndrome or an ill-fitting brace, for example)

Regardless of the cause, though, the excruciating symptoms are the same: burning, tingling, pain, and numbness, all making it very hard to do the things you love to do.

And there's no medication that can fix it

Big Pharma hasn't been able to cook up a drug that cures neuropathy. In fact, they can barely figure out how to deal with the symptoms, mainly recycling other drugs which do more to bump up their profits than actually help patients dealing with these agonizing symptoms.

And, of course, along with the lack of real effectiveness comes a frightening range of side effects... and sometimes even drug addiction.

Still, desperate patients turn to their doctors for help, hoping for something that can at least reduce the pain, burning, numbness, and weakness. What those patients come away with usually include...

- Pain pills, everything from over-the-counter ibuprofen to highly addictive prescription opioid drugs like oxycodone

Warning: "Possibly permanent nerve damage"

Despite a decade of warnings, doctors continue to prescribe fluoroquinolone antibiotics—which include Cipro, Avelox, and Levaquin—to tens of million of patients (nearly 27 million in 2011 alone) every year. According to the FDA warning, these drugs can cause *permanent* neuropathy that can start "at any time during treatment, and can last for months to years after the drug is stopped or be permanent."

- Pain patches, keeping the painful area numbed with a topical anesthetic (lidocaine) while you're awake, which can cause serious problems if you use too many or wear it too long
- Anti-seizure epilepsy drugs like gabapentin which can cause blurred vision, joint pain, and uncontrollable shaking
- Antidepressants, which help by interrupting chemical messages in your brain and spinal cord, and come with side effects ranging from dry mouth to disorientation to irregular heartbeat

And there's only one drug actually FDA-approved for use with diabetic neuropathy (specifically, though doctors prescribe for other nerve pain also)... Cymbalta. But with its massive, dangerous side effect profile (see sidebar), it's a mystery why this drug (originally created as an antidepressant) ever got approved at all.

And while Cymbalta might possibly help you deal with neuropathy symptoms—and you might possibly escape the more frightening side effects—this drug absolutely cannot *fix* the problem.

Addressing the real problem leads to a real fix

If you're struggling to live with neuropathy, you probably know that the pain signals sent by your nerves have gone haywire.

That's because your nerves themselves are damaged, and they can't function properly. A lot of that damage hits the protective coating around your nerve cells, a critical insulating shield called the myelin sheath (it acts sort of like the plastic coating around wires). And this causes two very big problems:

1. Your nerve cells are undefended against continuing damage
2. Your nerve cells can't communicate correctly or quickly, leading to all kinds of mixed up messages

Different nerves send different signals, so those jumbled messages can cause a wide variety of symptoms. Sensory

nerves, for example, sort out sensations like heat, cold, and pain. Motor nerves play a very different role, controlling just how your muscles move, so a broken signal could cause twitching or poor coordination. Autonomic nerves control organ functions, like your heart rate and bladder function.

But these nerves all do have something in common—myelin sheath protects them all. And repairing damage to that vital shield can help fix the signal mix-ups that are causing your neuropathy symptoms.

Targeted treatment for damaged nerves

Pain pills, antidepressants, and anti-epilepsy drugs won't fix your problem. They may even make you feel worse.

But there is a fix, a targeted comprehensive natural blend of herbs and nutrients that can restore your damaged nerves, and regenerate healthy nerve cells. This formula focuses specifically on your peripheral nervous system—right where the problem lies—to deliver directed relief as quickly as possible, providing exactly what your body needs to repair those beat-up myelin sheaths.

What's more, this formula makes sure those nerve nutrients can get where they're needed, which they can't do when inflammation (very common with neuropathy) blocks the path.

Which is worse?

Before you agree to try Cymbalta, consider these horrifying side effects, common enough to be included on the warning label: sometimes fatal liver failure, blood pressure so low it causes fainting, severe skin reactions, and abnormal bleeding. And then there are the adverse reactions not bad enough to make it on to the warning label, like heart palpitations, muscle and bone pain, tremors, insomnia, erectile dysfunction, and abdominal pain.

And because Nerve Shield works directly on repairing damaged nerves, it can help anyone with neuropathy, no matter what caused it.

Repairing nerve damage frees you from constant pain

The myelin sheath surrounding and protecting your nerve cells needs some protection itself. This insulation layer, made up primarily of special lipids (fatty substances called phospholipids), is very vulnerable to toxin damage, free radicals, and oxidative stress. When that happens, the stage is set for very painful miscommunication.

And if those lipids aren't formed perfectly from the start, the myelin shield will be defective. Tiny defects can turn into major deterioration, and that leads to very big problems in nerve communication... and your burning pain.

So directly addressing myelin sheath damage can help stop debilitating neuropathy symptoms.

Luckily, these critical nerve components can be fixed with the right nutrients, and kept intact with the right nutrient-herb blend... everything you'll find in Nerve Shield.

Shore up the sheath to stop the pain

The first thing you need to restore the myelin sheath is a pristine lipid (special fats) source, and that comes in the form of a phosphatidyl complex. Your body needs these special compounds to make all the different phospholipids that form the myelin sheath.

But those lipids can't go it alone. They need specific B vitamins to maintain their structural integrity... because if the phospholipids aren't perfect, the myelin sheath will be defective, setting off the pain cascade. Get the right B vitamins, though, and your damaged myelin can be fully repaired.

- Vitamin B6 can improve myelin sheath development, and boost the

(continued on page 6)

The secret to unstoppable energy and easier weight loss

(continued from page 3)

The other hidden victim of endocrine-disruptors

With all that thyroid support, Dr. Stengler's formula could do a lot to help you feel brimming with energy... and help you shed those stubborn extra pounds.

But those unavoidable endocrine-disrupting chemicals sabotage more than your thyroid.

They can also attack another crucial part of your endocrine system, your adrenal glands.

And, chances are, if your thyroid is sluggish, your adrenal glands are likely to be worn out, too.

So Dr. Stengler added one more ingredient to Thyroid Performance Plus, this one to help take some of the burden off of your adrenal glands.

Ancient adaptogen helps keep the balance

When your adrenal glands are crying out for help to manage all the stress thrust upon them, the best support you can send comes from ancient Ayurvedic tradition—an incredible herb from India known as ashwagandha.

Until a few years ago, only traditional Ayurvedic healers and a handful of forward-thinking Western doctors knew about ashwagandha. But then science caught up with tradition.

And when participants in a double-blind, placebo-controlled clinical trial,¹³ found dramatic relief from fatigue and sleeplessness and saw stun-

ning improvement in memory and concentration, little-known ashwagandha got a lot more attention.

The herb works as an adaptogen, meaning it helps bring balance to your body—and, in this case, especially your adrenal glands because it helps your body adapt to the physical demands of stress.

When your adrenal glands get some well-deserved relief, your entire endocrine system—your whole body—will notice a positive difference. And that can have a very positive impact on your thyroid.

Just what you need to ward off chemical sabotage and feel like yourself again

Imagine having more than enough energy to take your grandkids to the playground and out for ice cream...

Stepping on the scale and smiling...

Feeling sharp and clear and sunny...

Those are just some of the things you might begin to see as Dr. Stengler's revolutionary formula, Thyroid Performance Plus, starts to fuel your thyroid, helping shield it from the constant barrage of endocrine-disrupting chemicals.

Now, it's possible that you'll start seeing a difference very quickly, but give this formula a month or two to really start working. After all, years of chemical sabotage don't disappear over night.

But after the first week or two, be on the lookout for some subtle chang-

es, signs that your thyroid is getting the nourishment it needs, like an extra zip in your step or a sudden shift in your weight loss efforts. These changes will seem more like a whisper than a shout... but if the formula is working for you, you'll notice.

Fight back against thyroid sabotage with Thyroid Performance Plus

If you've been feeling fat, sluggish, tired, and blue... don't despair. The culprit is out there, endocrine-disrupting chemicals that may be chipping away at your thyroid's performance. And once your thyroid has the right support to get its job done, you could really feel things change.

Thyroid Performance Plus could be just the thing your battered thyroid needs to turn things around, providing it with crucial nutrients and traditional herbs.

The manufacturer, BestHealth Nutritionals*, suggests taking two capsules of Thyroid Performance Plus daily.

You can find ordering information for Thyroid Performance Plus in your Member Source Directory on page 8. **HSI**

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Free yourself from never-ending nerve pain

(continued from page 5)

ability to conduct nerve impulses for better communication.⁹

- Vitamin B12 helps keep the right balance of fatty acids in myelin sheaths,¹⁰ and is considered to have "great potential for treating nervous system disorders."¹¹
- Folic acid has been shown to improve

neuropathy symptoms, especially if the person is folate-deficient¹² (much more common than you'd think).

- Thiamine (B1) supports the structural integrity of myelin sheath lipids.

Along with those essential nutrients, acetyl L-carnitine (ALC), an amino acid, can slow down—even reverse—

myelin sheath deterioration (which is commonly brought on by aging).¹³ On top of that, several studies show that this nutrient stimulates nerve health in patients with diabetes, helping neutralize pain sensations. In fact, a new analysis of ALC studies (involving a total of

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1773 patients) confirmed its effectiveness in treating pain and nerve function in neuropathy cases. The researchers called ALC “a consistent therapeutic option for peripheral neuropathies.”¹⁴

These nutrients will repair damage and ease pain, and when they're combined with this proven European “drug,” you will feel the difference.

Why isn't your doctor prescribing this proven European “drug”?

For years, alpha lipoic acid has been used in Europe to treat neuropathy. In fact, in Germany it is an officially approved treatment.¹⁵ And despite overwhelming evidence of its effectiveness, this natural fix is not used in the U.S. It should be.

- A 1999 review of 15 clinical trials using alpha lipoic acid to treat diabetic neuropathy concluded that the nutrient is an effective therapy for both short and long term use¹⁶
- More recently, researchers found alpha lipoic acid to be “an effective drug” to treat a variety of diabetic neuropathies¹⁷
- A double-blind placebo-controlled study including 236 patients with multiple neuropathies found that 73% of the alpha lipoic acid group saw a substantial decrease in symptoms, many within just two weeks of treatment¹⁸
- A 2004 meta-analysis that looked at four trials including 1258 neuropathy patients found that symptom improvement started within eight days of alpha lipoic acid treatment, and that 53% of patients saw improvement after three weeks¹⁹

Scientists report that alpha lipoic acid works in multiple ways to defeat neuropathy: soothing inflammation, improving blood flow to the nerves, and helping nerves use energy more efficiently.

But its most important role in Nerve

Shield could be its potent antioxidant impact, which helps prevent new nerve damage. And among antioxidants, alpha lipoic acid is unique, in two distinct ways. First, it's one of very few compounds that are both water soluble and fat soluble, so it can work anywhere in your body. Second, alpha lipoic acid has a very special ability, helping other antioxidants regenerate and reactivate after they've been used to attack free radicals. And that's a lot of protection against future nerve problems.

And since nerve cells are so very vulnerable to oxidative damage, Nerve Shield adds in even more antioxidant support, in the form of two ancient traditional herbs.

Prevent new damage with potent nerve-protecting anti-inflammatory antioxidants

Protecting your nerve cells from oxidative damage is more than a full-time job, so Nerve Shield brings in two more antioxidants to help alpha lipoic acid get the job done. And these two traditional antioxidant superstars both come with a very good “side effect.”

They are both proven effective at taming inflammation, a crucial step in relieving nerve pain and numbness.

Baikal skullcap, a TCM staple, works as a natural COX-2 inhibitor (the COX-2 enzyme is notorious for causing painful inflammation)... but without the dangerous side effects of pharmaceuticals. Along with that, Baikal skullcap goes after free radicals with a vengeance, providing superior antioxidant protection.

Turmeric (traditionally used in Ayurvedic medicine) also provides anti-inflammatory action, thanks to its high concentration of a potent compound called curcumin. Some recent research suggests curcumin might help curb pain sensations. And thanks to its antioxidant activity, curcumin helps

prevent additional oxidative damage to your nerve cells.

All that antioxidant power will do a lot to protect your nerve cells, especially the delicate myelin sheath. And the anti-inflammatory agents will help quiet the screaming nerve pain.

But that's only if they can get to where they're needed.

Sending relief everywhere it's needed

You can have the best formula in the world... but it won't do much for you if it can't get to the scene of the problem. And with peripheral neuropathy, the treatment has far to go, all the way out to the tips of your fingers, down to your feet and toes.

So circulation is the secret key to healthy nerve function, and it's absolutely necessary for a neuropathy formula to address it.

Poor blood flow and waste removal—the hallmarks of bad circulation—starves your nerves. When nutrients don't get delivered to your extremities, the tissue slowly dies off.

Traditional Chinese medicine (TCM) calls this stagnation, and offers up a cure. With a powerful combination of two ancient herbs, circulation—of both blood and *qi* (life force energy)—gets restored, delivering fresh nutrients everywhere in your body.

Two Marvels powder, called *Er Miao San* in TCM, promotes complete circulation, even to your extremities—where neuropathy often strikes hardest.

In fact, Two Marvels powder works so well to restore full circulation that you may experience strange sensations (like pins and needles) as your body ‘wakes up.’ These are very positive signs (though they may not feel so positive at first), letting you know that the herbs and nutrients in Nerve Shield are exactly where they needed to go.

(continued on page 8)

“This test proved how effective it was”

A few years ago, Millie Boden fell, fracturing her hip. That fall required surgery and a titanium post implant. And it also left Millie with lingering neuropathy.

“I was losing feeling in my toes and had much pain in the feet. Even two of my toes appeared to be ‘dying’ as the skin on the end of them grew tough, like a callous.”

Soon after that pain and numbness started, Millie read about Redd Remedies in her *Members Alert*. That led her to Nerve Shield. “Its focus on the myelin sheath really sparked my interest.”

She began taking Nerve Shield, and slowly her neuropathy symptoms subsided. After a few months passed, though, Millie thought she’d try another product—so she stopped taking Nerve Shield (“to make the test pure”), and tried the new formula.

Very soon, her situation reversed, and “my feet began to get worse, going back to the loss of feeling and the dying flesh reappearing. This was a shock! But this test proved how effective Nerve Shield had been.”

So Millie went back to taking Nerve Shield, and “I know I will soon be regain-

ing the feeling in my feet, never to be without this wonderful product again.”

“I’m convinced it will continue to improve”

Carol Spenser had been living with pain and numbness, bad enough to try “scary” prescription drugs like gabapentin and Cymbalta... but the drugs had “horrible side effects, and getting off them was even worse.”

She was at her wit’s end. And then things got worse: Her daughter started suffering the same symptoms. As this family’s problems got worse, they went to a neurologist, who diagnosed them with an uncommon genetic disorder (known as HNPP) that causes permanent neuropathy, worse at pressure points where the nerves actually fall asleep. And while their disorder is rare, its impact is the same as any neuropathy... with no medication to cure it, and a lifetime of pain.

But Carol got lucky. On her way to a consult at the Mayo Clinic, she stopped at an Expo, and landed at the Redd Remedies booth. “I was at such a loss,” Carol told me. “The people at the booth talked to me for a long time. I cried during the talk. And then they gave me a bottle of Nerve Shield to try.”

The Mayo Clinic offered no help

for Carol or her children (her son was diagnosed with HNPP also, but hadn’t suffered symptoms yet). But when she showed him the bottle of Nerve Shield, one of the doctors told her “it couldn’t hurt to try it.”

“After taking the Nerve Shield consistently for a month, my daughter felt she was feeling better. My son has had a significant reduction in his pain and numbness. And my tingling feelings are less bad, and happen less often, and there have been no side effects.”

“I’m convinced it will continue to improve our condition, and alleviate pain and further injury. And we plan to keep ordering.”

Nerve Shield™ relieves nerve pain and numbness, no matter what caused it

If you’ve been suffering from agonizing neuropathy from *any* cause, Nerve Shield can help repair those damaged nerves and stop the never-ending pain and numbness.

The manufacturer recommends taking one tablet, twice a day, with meals. You can expect to see results within 90 days.

You can find ordering information for Nerve Shield™ in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

Thyroid Performance Plus, BestHealth Nutritionals, PH (800) 223-2816. One 60-count bottle of Thyroid Performance Plus costs US\$39.95. HSI members will receive an exclusive 10% discount plus free shipping. Simply use coupon code **G653Q601**. Savings available with phone orders only. Product is not available in Austria, Australia, and Germany.

Nerve Shield, Redd Remedies, PH (888) 453-5058; www.reddremedies.com. One 120-count bottle of Nerve Shield costs US\$59.99, and one 60-count bottle costs US\$31.99. HSI members will get an exclusive 20% discount off the full range of Redd Remedies products with order of US\$50 or more (after discount). Simply use discount code **HSINS20** to take advantage of these special savings through **July 31, 2014**. For ordering information outside the U.S. please [e-mail orders@reddremedies.com](mailto:orders@reddremedies.com).

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